



## ***Recipe of the Month – March***

### **Fiesta Skillet Dinner**

Serves 5

Serving Size: 1 ½ cups

#### **Ingredients:**

1 cup	prepared brown instant rice (1/2 cup uncooked)
1 can	15.5 ounces Mexican style tomatoes
1 can	15.5 ounces black beans, rinsed
1 cup	frozen corn
1 Tbsp	chili powder
2 cups	cooked diced chicken
½ cup	2% reduced fat cheddar cheese, shredded

#### **Directions:**

1. Prepare the brown rice according to package directions
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet
3. Cook over medium heat until heated through
4. Add the cooked rice
5. Stir thoroughly
6. Top with shredded cheese
7. Serve hot

**NUTRITION FACTS PER SERVING:** Calories 230, Total Fat 4.5g , Saturated Fat 2g, Trans Fat 0g, Cholesterol 40mg, Sodium 580mg, Total Carbohydrate 31g, Dietary Fiber 7g, Sugars 7g, Protein 20g